

Life Happens, But You Can Make Healthy Vision a Priority

Juggling everything in your life—job, kids, and cooking and decorating for the holidays—can be even more hectic if you have diabetes.

Maintaining good health by keeping up with your diabetes may add to your to-do list, but if you want to maintain healthy vision, you should add one more task: Get a comprehensive dilated eye exam at least once a year.

Everyone with diabetes is at risk for diabetic eye disease, and a dilated eye exam can help save your sight. Schedule one today.



Visit www.nei.nih.gov/diabetes



National Eye Institute



A program of the National
Institutes of Health